

○ What Did I Learn?

Vocab for one. I made sure to keep track through a word bank during my time in Utah. I learned the difference because sport and 'trad' climbing! 'Trad' stands for traditional. I learned about the specifics of climbing on a rock wall and the necessities of quick draws, alpine draws, nuts, hexes, and cams. I learned about different mountains and the differences between multi-pitch or single pitch climbs. I was made aware of climbing techniques such as smearing. And I was taught about the variety of terrain, from 1st class (flat horizontal) to 5th class (straight vertical).



○ What Motivated Me To Select This Project?

One day prior to the trip, I remember screaming "WHO SIGNED ME UP FOR THIS TRIP?" To be completely honest, I was panicking a bit. I had signed myself up... but, I was starting to regret it. The thoughts that were running through my brain included as follows: I have never camped. Not even once. I will not be sleeping in a bed or showering for 9 nights! What! Who does that? AND... I chose to do this adventure with 9 complete strangers! Why? I had to remind myself of my original motivation. I signed up for this trip because I wanted to experience something new. I had dreamed of seeing the world and I had always thought the notion of rock climbing on the side of an actual mountain would be exhilarating.



○ Project Description

I participated in a hiking, camping, and rock climbing adventure in Nevada, Utah, and Arizona. During our time there (over OSU Spring Break) we slept in 30-degree weather and prepared almost every meal on our own. We explored a variety of places, from hikes at Zion National Park to climbing at St. George, Utah to swimming in hot springs in northern Arizona. It was one of the best trip of my life.



○ What Was Transformational About This Project?

This transformation is significant to me. I think this trip helped remind me of what matters in life. While there is definitely a time to work hard and give your all in life, I think there is a time for rest too. Rest can be getting away from screen time and giving yourself a break. That is what happened over OSU Spring Break with STEP. I realized how fun it is to adventure with friends and see natural wonders. Additionally, I learned more about God over this experience. **2 Corinthians 10:17** says "Let the one who boasts, boast in the Lord." How sweet that God thought up this world, intentionally made it (and us), and is eager for me to live in awe of His creation, out of His immeasurable goodness. When encompassed by such beauty, you cannot help but be moved to worship.



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○ My Favorite Part Of This Experience...

Everything! I cannot simply choose ☺ Camping was not just sleeping on the ground in cold temperatures... instead, it was an experience of close bonding with peers. Hiking was not just exhausting, but recess as the mountains were playgrounds for adults. During the incline I had never felt so weak, yet the resilience I experienced at the peak was unbeatable. Rock climbing was not as daunting as I thought, but instead was a time of team building with the belayer and myself. The view from the top of a rock wall was humbling as I had never felt so small, observing the world around me. My favorite part of this trip was that it realigned me. This trip encouraged me to live in the moment while simultaneously lessening the weight of everyday worries. It would be an understatement to say the relationships I built during this week blessed me. I cherish the conversations around the campfire and crave more like it.



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Second-year Transformational Experience Program